A

Synopsis of thesis entitled

COMPARATIVE STUDY OF PERSONALITY, AGGRESSION, MENTAL TOUGHNESS AND EMOTIONAL INTELLIGENCE AMONG THE PLAYERS OF BODY CONTACT AND NON BODY CONTACT SPORTS"

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CHAPTER -1

INTRODUCTION

The twenty first century is the most rapidly changing century of all time. Rapidity of change created unusual demands on individual and on system education .Today education must not only include the body and knowledge, but also to develop inquiring minds that will enable them to comprehend and accept what is to come tomorrow.

As Jacks, the British philosopher, puts it, living becomes an art only. ‘’when work and play, labour and leisure, mind and body, education and recreation, are governed by a single vision of excellence and a continuous passion for achieving it,’’[1]

In sports today best performance can only be achieved through a meticulously planned, executed and controlled training system based on the scientific knowledge, theoretical and methodical fundamentals of sports training.

The developing tendencies in international sports, especially in team games are identified as the increase in the game tempo, tougher body game and greater variability in technique and tactics .An increased performance level can only be achieved by working and training of all major components i.e. technique coordination ,tactics ,physical fitness and psychological qualities ,Apart from these components , one more factor which is now a day`s known as coordinative abilities also play a greater role . A sportsman can complete effectively only by a certain coordinative mastery of the technique.

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[1] Lawrance Pearsall Jacks ,Education Through Recreation , (London; university of London Press ,1932),p.1.

Psychology is an academic and applied discipline involving the scientific study of mental processes and behavior .Psychology also refers to the application of such knowledge to various spheres of human activity, including relating to individual, daily lives and the treatment of mental illness. Occasionally. In addition, or opposition to employing the scientific method, it also relies on symbolic interpretation and critical analysts, although it often does so less prominently than other social science such as sociology. Psychologists study such phenomena as perception, cognition, emotion, personality, behavior and interpersonal relationship. Some especially depth psychologist, also study the unconscious mind.

Psychology does not necessarily refer to the brain or nervous system and can be framed purely in terms of phenomenological or information processing theories of mind. Increasingly, though, an understanding of brain function is being included in psychological theory and practice, particularly In areas such as artificial intelligence neuropsychology, and cognitive neuroscience.[2]

Kamlesh[3] says, "Psychology is the science of the activities of an individual in relation to this environment". The activities of the soul or the mind, in other words, the internal behavior is manifested through the physical or the outer, for thinking and 'doing' are points or the same stretch and are inseparable for the struggle of survival. Port psychology, an applied subdivision of general psychology, is unique because of the athletic settings in which efforts are concentrated and because of the type of stresses placed on competitors and coaches

[2] Neetu Ahlawat, Principles of psychology, (New Delhi, Vishvabharti Publications, 2009),pp. 1.2
[3] M.L.Kamlesh, Psychology of Physical Education and Sports (Delhi Metropolitan Book Company Pvt. Ltd., 1983), p.12

in this environment. These stresses include the marked visibility of efforts, operations, and results; the exactitude with which success and failure may be evaluated; and the often zealous caring that spectator's exhibit for the outcomes of events. The field of sport psychology needs to take into account of the diversity and richness of sporting cultures, and not assume that globalization will subsume cultural differences.

Importance of Psychology in Sports:

Psychology of sports means applying psychological theories to aspects of sports, such as coaching and teaching. The sports psychologist uses psychological assessment techniques and achieves their optimal performance. Sports psychology is concerned with analyzing human behavior in various types of performance.

Within the past few years, interest has been increased in the field of constitute sport psychology. Cognitive sport psychology focuses on the influence of mental factors on performance. Sports psychologists have acknowledged that an individual's thoughts and feelings can have a critical impact on his or her performance

Personality

"Personality is that which permits a prediction of what person will do in a given situation."[4]

Personality is mental organization of a human being at any stage of his development. The human-being is a completely integrated functioning unit or a

[4] Cattell,R.B. quoted by Halt , C.S.and Lindzey, Garden, Theories of Personality , (John Wiley and Sons co.1970)2nd edition

complete whole .It separates the physical from the mental or leads to a dualistic interpretation of the facts of human existence cannot be acceptable to us.[5]

Personality is related to his system reaction and reaction possibilities in total as viewed by follow members of society it is the sum total of behaviour trends manifested in his social adjustment . Human personality does not exist unless there are other individuals to react to the individual and to whom he may respond or surround him by a system of reactions and behaviour.[6]

Aggression:

In psychology, the term aggression refers to a range of behaviors that can result in both physical and psychological harm to oneself, other or objects in the environment. The expression of aggression can occur in a number of ways, including verbally, mentally and physically.

Aggression can take a variety of forms, including:

- Physical
- Verbal
- Mental
- Emotional

A common theme emerging from a variety of theoretical approaches to the problem of exercise, the word aggression comes from the Latin word aggress, ad (to or toward) and grader (walk). Literally then the word means to "to walk towards or approach", to move against or to move with intent to hurt or harm. Most psychologists describe aggression in terms of behavior. Aggressive behavior is

[5] Allport G.W. Personality –A Psychological Interpretation, (New York. Henry Hott and Co. ,1937).pp.132-140
[6] J.F.Bashiell :Fundamentals of Objective Psychology , (Houghtion, 1929).p.551.

associated with destructive acts, sexual attacks, prejudiced, speeches, genital activities, drug and alcohol addictions, sports and exercise crying complaining, waging wars and so forth. There is no simple behavior that may be described under the rubric aggression. (Silva, 1984)[7].Sports competition without "aggression" is a body without soul, competition and aggression are twins. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and "do or die" for the success of the team. Contrarily there is also indication, and valid too, that aggression committed by players in certain contexts situation or position may impels performance of individual skill as well as success of the team. (Kamlesh, 1987)[8]

Mental Toughness

Graham Jones Sheldon Hanton, and Declan Connaught on of the united states use it personal construct psychology in interviews with elite athletics, as well as elite-level its coaches and sports psychologists, to arrive at the following definition of mental toughness:

Mental toughness is ''Having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competitions, training, life style) that sport places on a performer: specially, be more consistent and better than your opponents in remaining determined, Focused, confident, and in control under pressure[9]

Introduction of Mental Toughness

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[7]John M.Silva Psychological Foundations of Sport, (Human Kinematic Publishers, U.S.A. 1984), p. 247
[8] M.L.Kamlesh, Psychology in Physical Education and Sports, (Metropolitan Book Co.Pvt.Ltd., New Delhi, 1987), p.273
[9] Jones. G.. et al., "What Is This Thing Called Mental Toughness? An Investigation of Elite Sport Performers". Journal of Applied Sports Psychology,(2002), pp, 205-218.

Mental toughness is a collection of attributes that allow a person to persevere through difficult circumstances (such as difficult training or difficult competitive situation in games) and emerge without losing confidence. In recent decades, the term has been commonly used by coaches, sport psychologists, sport commentators, and business leaders.

Mental toughness is a controversial term, in that many people use the term liberally to refer to any set of positive attributes that helps a person to cope with difficult situations , Coaches and sports commentators freely use the term mental toughness to the describe the mental state of athletes who preserve through difficult sport circumstances to succeed . For example , it is often simply applied as a default explanation for any victory , which is highly problematic as an attribution . Only within the past ten years has scientific research attempted a formal definition of mental toughness as a psychological construct and criticisms about the lack of specificity of this umbrella term abound .For example ,Moran (2012) states that considerable caution is required in attempting to draw conclusions about the nature , characteristics , determinants and developments of mental toughness in sport because of the theoretical nature of the definitions ,which owe more to anecdotal plausibility than to empirical research.[10]

EMOTIONAL INTELLIGENCE

Emotional Intelligence (El) is generally defined as the ability to use emotions to reason, problem solve, manage relationships, enhance thought, and succeed. Although some may argue that the concept of emotional intelligence is new, its origin is indeed well-imbedded in psychological thought over the past century. In the last two decades the concept of EI has received considerable

[10] https://En .Wikipedia .Org /Wiki/Mental Toughness,4/10/2015,1:59 p.m.

attention in the social sciences as well as in the popular media. In fact, the American Dialect Society listed EI as one of the most useful 17 new phrases of 1995 (American Dialect Society, 1996). The construct of EI ignited such public interest that EI introduced in popular newspapers, internet websites, and in trade texts dealing with self-help, management practices, and assessment (Matthews, Zeidner & Roberts, 2002).

The term "emotional" in emotional intelligence refers to both mood and emotion. Scholars have long recognized the relevance of cognition to problem solving and leadership, whilst the relevance of emotion was traditionally discounted (Salovey et al., 2000). Since researchers studying the brain have more recently determined that emotion precedes or at least accompanies cognition, affect (both mood and emotion) has been recognized as a unique form of information that improves cognition (Dickman & Stanford-Blair, 2002; Zajonc, 1998). Individuals vary in their ability to take in and understand affective information. Strength in this ability has been labeled emotional intelligence (Salovey et al., 2000). The key difference between emotional intelligence and cognitive skills involves the integration of emotion with thoughts, enabling an individual to understand what others are feeling, while cognitive skills involves the integration, organization and ordering of thoughts (Goleman, 2001). Therefore, emotional intelligence essentially describes the ability to effectively join emotions and reasoning; using emotions to facilitate reasoning; and reasoning intelligently about emotions (Mayer & Salovey, 1997). Emotional intelligence, therefore, influences the extent to which peoples' cognitive capabilities are informed by emotions and the extent to which emotions are cognitively managed. Furthermore, emotions are distinct from predispositions to experience certain kinds of emotions captured by the personality traits of positive and negative affectivity (George, & Brief, 1996; Tellegon, 1985)

Body Contact Sports

Body contact sports are those in which Physical contact occurs among contestants during a competition. For Example:

a) Judo
b) Wrestling
c) Kabaddi
d) Boxing

Non Body Contact Sports

Non Body contact sports are those in which no body contact occurs during a competition. For Example:

a) Gymnastics
b) Swimming
c) Badminton
d) Table Tennis

1.1 Statement of the problem

The present study is stated as "Comparative Study of Personality Aggression, Mental Toughness and Emotional Intelligence among the Players of Body Contact and Non Body Contact Sports.

1.2 Purpose of the study

1.2.1 The main purpose of the study is to compare the Personality, Aggression, Mental Toughness and Emotional Intelligence among the Players of Body Contact and Non Body Contact Sports.

1.2.2 The other purpose of the study is to know the status of the selected psychological variables among the players of Body contact and Non- Body contact sports

1.3 Significance of the study

1.3.1 The result of this study will help to the researchers, physical educators, coaches, sports scientists and sports administrators for providing a guideline to understand the selected personality, Aggression, Mental Toughness and Emotional Intelligence among the players of body contact and Non body contact sports.

1.3.2 The findings of this study will serve as diagnostic purpose.

1.4 Hypothesis

After a thorough reading of the related literatures, deep discussion with the supervisor and the scholar's own understanding, it is hypothesized that;

1.4.1 There will be significant difference in the variables of Personality traits among the players of Body contact and Non- body contact sports.

1.4.2 There will be significant difference in the variable of Aggression among the players of Body contact and Non-Body contact sports.

1.4.3 Significant difference will be observed among the players of Body contact and Non-Body contact sports.

1.5 Delimitations

1.5.1 The study will be delimited to the male players only those who represented or will be taking part in Inter-university competition.

1.5.2 The age of the players will be ranging from 18to 25 years.

1.5.3 The study will be delimited with the following Body contact and Non –body contact sports.

1.5.4 The subjects will be selected from different colleges of SGB Amt.

1.5.3.1 Contact sports

Judo

Wrestling

Kabaddi

Boxing

1.5.3.2 Non –contact sports.

Gymnastics

Swimming

Badminton

Table Tennis

1.5.5 The study will be further delimited to 200 male players 100 from each group. i.e., Body contact Sports 100 and Non –Body contact sports 100.

1.5.6 The age of the subjects will be ranged from 18 to 25 years.

1.6 Limitations

1.6.1 Coaching and fitness background of the subjects will be unknown to the scholar.

1.6.2 The social and economical status of the subjects will be unknown.

1.6.3 No specific motivational devices will be adopted to motivate or discourage the subjects during the collection of data.

1.7 Operational Definition of the Terms:

Personality: "Personality is that which permits a prediction of what a person will do in a given situation."[11]

Aggression: The phenomenon in which one harms other to get joy. Aggression, in its broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. It may occur either in retaliation or without provocation. In narrower definitions that are used in social sciences and behavioral sciences, aggression is response by the individual that delivers something unpleasant to another person.[12]

Mental Toughness: It is an ability to constantly sustain over ideal performance state during an adversity in competition.[13]

"It can be defined as that unshakable perseverance and conviction towards some goal despite pressure or adversities.[14]

Emotional Intelligence: Emotional Intelligence (El) is generally defined as the ability to use emotions to reason, problem solve, manage relationships, enhance thought, and succeed. [15]

Body Contact sports: A sport that necessarily involves body contact between opposing players.

Non Body Contact Sports: A sport in which the players are physically separated such as to make it nearly impossible for them to make physical contact during the course of game.

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[11] Cattell, R.B. The scientific analysis of personality, Baltimore, MD: Penguin (1965).

[12] **Buss,** The psychology of Aggression (1961)

[13] Solomon K. Aruparagil, **"**Construction of Questionnaire on Mental toughness**"** (Unpublished Master thesis, L.N.I.P.E., Gwalior, 2005). P.6.

[14] Simon C. Middleton, **"**Discovering Mental toughness: A Qualitative study of Mental toughness in Elite Athlete**s"** Self Research Center, University of Central Sydney, Australia,.

[15] Matthews, Zeidner & Roberts, American Dialect Society, (2002)

CHAPTER- 2

REVIEW OF RELATED LITERATURE.

An essential aspect of a research is the review of the related literature. It is the key to the vast store house of published literature may open the doors to sources of significant problems and explanatory hypothesis, and provide helpful orientation for definition of the problem, background for selection of procedure, and comparative data for interpretation of results. In order to be truly creative and original, one must read extensively and critically as stimulus thinking. Accordingly the researcher had gone through the library of DCPE. and SGB Amravati University and cited few study those are directly or indirectly related to the study in the abstract form.

Abraham, T. (1996),[16] conducted a study to determine the influence of basic personality factors on academic achievement. The major findings were scholastic aptitude had the maximum influence on academic achievement. The influence of the temperamental dimension of neuroticism and introversion– extroversion on academic achievement showed sex differences. It was found that the factor analysis of the personality variables and academic achievement evolved a factor pattern in which three factors could be identified, viz., scholastic aptitude, neuroticism and extroversion– introversion. The personality factors evolved from the analysis of scores obtained from a) a sample of boys and girls; b) a sample of boys; c) a sample of girls were similar. The personality factors evolved in the analysis had significant loading on the personality variables and so the influence of personality on academic achievement could be described in terms of the

[16] Abraham, T. "A Study of the Influence of Basic Personality Factors on Academic Achievement". (Unpublished doctorial thesis in Education, S.V. University, Tirupati India. 1996).

personality factors. Boys were found to be superior to girls in their achievement and the same trend was noted in the loading of the dominant personality factors

Kule, Branko, [17] studied the correlation between basic aggression and success in full contact Karate. His results showed that there is a multiple correlation of .75 of isolated factor of basic aggression and success in Karate. The determination coefficient of .56 confirmed the hypothesis that there is significant effect of basic aggression on the success in Karate.

Mcgawan and Miller [18] reported that more successful Karate athletes scored higher on anger than their less successful colleagues. Daniels and Thornton (1990) found a negative relationship between assaulting hostility and length of training in Karate. Garland D J and J R Berry (1990) found that personality traits like aggressiveness along with extraversion are predictive of performance in collegiate footballers.

Rawat and Bangari[19] conducted the study to compare mental toughness between volleyball and basketball players. A total of eighty (80) players, comprising of 40 volley players from various universities in Punjab were randomly selected for the study were shortlisted through purposive sampling. The age of the subject ranged between 18-25years. To analyze mental toughness of the subject: Mental toughness Questionnaire (2004) developed by Dr. Alan Goldberg's was used. To ascertain mental toughness of the subjects, scoring key were referred and to compare volleyball and basketball players on mental toughness t test was applied. The level of significance was fixed at 0.05 levels. To compare the date t

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[17] Kules Branko, the correlation between aggression and success in full karate contact. Kireziological(1982), 13 : 83.
[18] Mcgawan, R. W. and MJ Miller Difference kin mood state between successful and less successful karate participants. Perceptual and motor skills, (1989) 68 pp:2,505-506
[19] Bindiya Rawat and Deepak Bangari, "Comparison of Mental Toughness between Volleyball and Basketball Players", International Journal of Movement Education and Social Science, Vol. 2, No.1, (March, 2013), Pp.81-82

test was applied for finding the significance difference between Volleyball and Basketball players on mental toughness showed a significant difference between the mental toughness of volleyball and basketball players have been accepted. The volleyball and basketball players showed significant difference on mental toughness, though basketball players showed higher mean on mental toughness than volleyball players.

Ruikar and Wankhade[20] conducted the study to compare the creativity and emotional intelligence between basketball and volleyball players of intercollegiate competition of basketball and volley players. For this study 60 players (30 basketball players and 30 volleyball players) were selected as a sample. The required data were collected from Intercollegiate competition level of S.G.B. Amravati University, Amravati basketball and volleyball players. Subjects were selected using simple random sampling method for this study. For the study selection was based on (1) creativity questionnaire of "Emotional intelligence scale for sports person (EISS 2005" Rajitha Menon A and Jayshree Acharya, to assess the creativity and emotional intelligence measure and compared with the basketball and volleyball players. To find out the significant difference between basketball and volleyball players. 't' test was employed at 0.05 level of confidence. The statistical data revealed that there was no significant difference, moreover, from the mean values, creativity and emotional intelligence of basketball and volleyball players students.

[20] Divakar V. Ruikar and Vikrant R. Wankhade, "Comparison of Creativity and Emotional Intelligence between Basketball and Volleyball Players", International Journal of Physical Education , Vol. 6, Issue 1, (April 2013), p.43.

Tadvi [21] found out Mental Toughness among male and Female Softball Players .For this present study players from different state of India participated in qualified round of 57th National Level Softball Tournament were taken as subject of the study.The age ranged from 13 to 18 years .Mean ,standard Deviation and percentage were utilized to identify the Mental Toughness among male and female softball players .A questionnaire prepared by Dr.Alan Goldberg was utilized to identify Mental Toughness and abilities like Rebound Ability ,Pressure Handling ,Concentration, self Confidence and Motivation for Mental Toughness assessment of the players .Total number of population was 300 out of which 120 (n=120,m=60,m=60) Softball Male and Female Softball players were mentally tough in overall observation of the study .Most of players were found in low and medium percentage of Mental Toughness.

Jones[22] the literature on mental toughness is characterized by a general lack of conceptual clarity and consensus as to its definition, as well as a general failure to operationalize the construct in a consistent manner. This study addressed two fundamental issues surrounding mental toughness: how can it be defined and what are the essential attributes required to be a mentally tough performer ten international performers participated in either a focus group or one-tone interviews, from which a definition of mental toughness and the attributes of the ideal mentally tough performer emerged .The resulting definition emphasized both general and specific dimensions, while the 12 attributes covered self -belief ,desire/motivation ,dealing with pressure and anxiety ,focus (performance -related) focus (lifestyle -related)and pain /hardship factors.

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[21]Harsinkha S.Tadvi, "A Survey of Mental Toughness among Softball Players ," International Journal Of Physical Education ,Sports .Health&Recreation .Vol:01No:01(March 2014)pp:1

[22] Jones ,G;Hanton ,Connaughton ,D, "Comparative Study of Mental Toughness Amongst Players of Team Games" ,Sports Psychologist 2007 Vol.No21No.2 pp.243-264

CHAPTER-3

METHODOLOGY

In this chapter sources of data, selection of subjects, sampling procedure, criterion measures, administration of questionnaires and collection of data are described.

3.1 Sources of Data

For the present study data will be collected on the players of Body contact and Non- Body contact sports those who will be taking part in the inter-collegiate level of tournament in the afore stated selected Body contact and Non-Body contact sports.

3.2 Selection of Subjects

For the purpose of this study subjects will be selected from different colleges of SGB Amt. University by adopting purposive sampling method .The selected samples will be :-

3.2.1 Total 200 male inter –collegiate players, 100 from each i.e. Body contact and Non body contact sports.

3.2.2 The age of the subjects will be ranging from 18-24 years.

3.3 Sampling Procedure

The purposive sampling procedure will be employed.

3.4 Criterion Measures

3.5 Administration of the Questionnaires

3.5.1 Eysenck Personality Inventory

Purpose: To measure Extrovert/Introvert and Neurotic/Emotional Stability traits of personality of the subjects.

Procedure: Before administering the questionnaire, the rules and procedure for filling up the questionnaire will be clearly explained before the selected subjects so as to the most reliable informations would be collected from the subjects for the purpose of the study.

Scoring: On the basis of questionnaire key score will be given in numerical form.

3.5.2 Sports Aggression Inventory

Purpose : To measure the Aggression of the subjects.

Tool: Anand Kumar and P.S.Sukla's Aggression Questionnaire.

Procedure: Before administering the questionnaire, the rules and procedure for filling up the questionnaire will be clearly explained before the selected subjects so as to the most reliable informations would be collected from the subjects for the purpose of the study.

Scoring: On the basis of questionnaire key score will be given in numerical form.

3.5.3 Mental Toughness Questionnaire (MTQ)

Purpose : To measure the Mental Toughness of the subjects.

Tool : Dr. Alan Goldberg's Questionnaire.

Procedure: Before administering the questionnaire, the rules and procedure for filling up the questionnaire will be clearly explained before the selected subjects

so as to the most reliable informations would be collected from the subjects for the purpose of the study.

Scoring: On the basis of questionnaire key score will be given in numerical form.

3.5.4 Emotional Intelligence Scale

Purpose : To measure the Mental Toughness of the subjects.

Tool : Emotional Intelligence scale of Menon and Acharaya.

Procedure: Before administering the questionnaire, the rules and procedure for filling up the questionnaire will be clearly explained before the selected subjects so as to the most reliable informations would be collected from the subjects for the purpose of the study

Scoring: On the basis of questionnaire key score will be given in numerical form.

3.6 Collection of Data

The data pertaining to the present study will be collected on the selected subjects by administering the afore stated questionnaires.

3.7 Processing of Data

All the collected data will be arranged systematically for further statistical calculations

CHAPTER-4

ANALYSIS AND INTERPRETATION OF DATA

In this chapter statistical treatment, level of significance, findings and discussion on findings have been described.

4.1 Statistical Treatment

To describe the collected data descriptive statistical technique will be used and to determine the significant difference among the Body contact and Non-Body contact sports independent F-test one way analysis of variance will be employed for each selected variables separately.

4.2 Level of Significance

To test the hypothesis level of significance will be set at 0.05

4.3 Findings

On the basis of statistical analysis the findings of the study will be written.

4.4 Discussion on Findings

On the basis of findings the discussion on findings will be explained.

4.5 Testing of Hypothesis

On the basis of findings the hypothesis will be tested.

CHAPTER-5

SUMMARY, CONCLUSION AND RECOMMENDATIONS

The whole study will be summarized and conclusion of the study will be drawn by testing the formulated hypothesis,on the basis of statistical analysis .For the further study recommendations will be made.

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